Learn how modernizing OLG can benefit you. Visit ModernOLG.ca

LONDON metro®

$12,000,000 estimated
LOTTO 649
Tonight's Jackpot
NEWS WORTH SHARING.

SUSPECTS DENY VIA RAIL TERRORIST PLOT

TWO MEN ACCUSED IN AN ALLEGED CONSPIRACY TO DERAIL A PASSENGER TRAIN MAKE THEIR FIRST COURT APPEARANCES

PAGE 4

The wedding bell boos

Hollywood has a knack for milking the laughs from nutty nuptials. Diane Keaton stars in the latest flick about tying the knot ... in a noose PAGE 7

Just what the council doctor ordered

Just months after nixing the idea, city council gets serious about hiring an integrity commissioner PAGE 2

THINKING INSIDE THE BOX

Stan Adams, owner of City Centre Storage and Big Box Mobile, has so many units filled with abandoned goods that he's looking to donate them to a good cause. Well, sort of. Adams, shown with his dog, Gunner, has cooked up a unique twist on fundraising. To find out what he's up to, see page 3. MARK SPOWART/FOR METRO

'Brain gain' aims to draw world's best

Western University. Millions slated for recruiting 'world-class' researchers

JOHN MATISZ
john.matisz@metronews.ca

Western officials announced their self-described "brain gain" initiative on Tuesday, an investment of about $30 million with a core goal of attracting "elite academic talent."

"To be world class in any research dimension, you have to have the capacity," said Janice Deakin, Western University's provost and vice-president of academic.

The school has been saving money for years to make the project a go, she said. Administrators want to compete for worldwide recognition in certain research areas and be global agenda-setters, she said.

Some of the spending — $5 million over the next five years — will be used to "provide resources to keep these researchers at the university and put them in a position to succeed on a global scale," officials said.

Recruiting world-renowned neuroscientists, similar to how Western managed to attract Adrian Owen of the University of Cambridge in 2010, is a big part of the effort.

Neuroscience has been targeted as a significant discipline for decades now, Deakin said, citing Western's Brain and Mind Institute.

The $30 million will be split between two channels: The Western Clusters of Research Excellence program and the Western Research Chairs program.

The new cluster program will support four bands of interdisciplinary research and teaching, including the first and most "obvious choice," cognitive neuroscience. The remaining bands will be rolled out over time, Deakin said.

Through the research chairs program, the university is seeking 10 mid- to senior-level researchers with "established reputations for producing research with global implications."

The announcement comes as Deakin and other staff prepare the university's strategic plan, which will be up for review in the fall.

Pulling rank

No. 18

Western University's 2012 ranking on a list of leading Canadian research schools compiled by Higher Education Strategy Associates.

Business

Outgoing Bank of Canada Governor Mark Carney offers some straight talk on sensitive subjects PAGE 5

Travel

Disneyland tends to be all about the princess in your life, but there's stuff for boys that's so not Mickey Mouse PAGE 9

Food

Stalwart lasagna gets an under-the-sea makeover with shrimp, leeks and bell peppers PAGE 10

Sports

Read how the London Knights and Toronto Blue Jays fared in their games on Tuesday night PAGE 16

Renewing an idea

City one step closer to hiring integrity commissioner

City politicians seem poised to hire an integrity commissioner, less than a year after ditching the idea.

Council's corporate-services committee threw unanimous support behind the move on Tuesday. The recommendation will go to full council next week for a final vote.

Even Mayor Joe Fontana — who voted against the proposal in September — is on board this time around.

"I think we are making great progress here," Fontana said. "I think we are sending a pretty positive signal from the corporate-services committee ... that we are moving in that direction."

An integrity commissioner would be a third party appointed to investigate alleged violations of the code governing councillors' decorum. The person also could be charged with investigating complaints involving closed-door meetings, a job now handled by Ontario Ombudsman André Marin.

When councillors voted against hiring an integrity commissioner in the fall, they also asked staff for a review of the issue. After the review, the city clerk and city solicitor recommended moving ahead.

Committee members heard from a number of speakers on Tuesday who outlined everything from potential costs to the level of authority the office would hold.

A selling point — and concern — for some was that the commissioner would offer advice on navigating sensitive issues. That advice, however, could get costly "if the commissioner is being overburdened by some council members who may be always asking for advice," Coun. Harold Usher said.

The commissioner likely would be held on a retainer and paid for each investigation or case handled.

Also on Tuesday, the committee recommended a code of conduct update. The code was last updated in 2002.

MARK SPOWART/FOR METRO

London District Catholic School Board cutting 142 teachers

Citing a "steady and continuous" decline in student enrolment, the London District Catholic School Board sent layoff notices to 142 teachers on Tuesday.

Most notices went to secondary school teachers, board chair Phil Squire said.

Squire thinks a large percentage of the downsizing can be managed through early retirements.

"I think there will be a number of teachers who will realize they have taught for a number of years, qualified for their pension and, while they could stay, will opt to retire so their younger colleague can keep their position," he said.

For each person who retires, a teacher will be called back in the fall. Squire couldn't say how much money the layoffs will save.

The school board's situation, he said, isn't unique.

"It is happening in boards right across the province," he said. "We are getting a system that is continuing to shrink, which is resulting in more redundancy in teachers."

While the school board is in the midst of building a new school, that's not tied to enrolment numbers, Squire said.

"The government has said they do not want us teaching in portables," he said. "We are moving classrooms from outside (to) inside.

"The new school is not a response to more students."

MARK SPOWART/FOR METRO

In numbers

18,000

Approximate number of students in the London District Catholic School Board

On the web

For more local news, go to metronews.ca

Fight against highway noise pollution continues

Veterans Memorial Parkway is metres away from the fence line of the backyard of a condo at 151 Martinet Ave. JOHN MATISZ/METRO

East end. Ward 2 Coun. Bill Armstrong plans to lobby colleagues for a change of heart

JOHN MATISZ
john.matisz@metronews.ca

A political U-turn would mean the world to a group of east-end residents up in arms over noise pollution for more than a decade.

Council's civic-works committee will recommend next week that $300,000 be spent to enhance an existing sound berm along Veterans Memorial Parkway. But what people who live along the busy stretch of road want is a concrete noise barrier with an estimated cost of $1.7 million.

People in the neighbourhood stated their case at city hall this week. They plan to fight tooth and nail until Tuesday — when council has a final say on the issue — to win political support.

Councillors are "going to see us back again because (the berm work is) not going to solve the problem," warns Maxine Facey, who has lived in a condo at 151 Martinet Ave. for 13 years.

Noise produced by transport trucks rumbling along the parkway can be unbearable at peak times, residents say.

"You can't sit out in your back deck and have a decent conversation," said Gerry Sunstrum, 69, said. "The noise levels are ridiculous."

City staff have weighed in on the issue, saying the berm — essentially a man-made hill — provides better soundproofing than a wall.

Coun. Bill Armstrong, whose ward includes the area, calls the berm a "Band-Aid solution." The wall, he says, is a permanent fix.

"They're not asking for luxury here," Armstrong said.

2011 death

Guilty plea in fatal stabbing

A London man has pleaded guilty to second-degree murder in the August 2011 death of Duy Van Nguyen.

Vuong Van Tran entered the guilty plea on Tuesday. Nguyen, 31, was found dead inside the Railton Avenue home he shared with his parents.

In an agreed statement of facts, the court heard that Nguyen was stabbed 12 times in the head and neck.

Tran, who is married to the victim's cousin, broke into the home, targeting it because he believed a large amount of money was hidden inside.

AM980/AM980.CA

Trinity Global

Charity's request to not be investigated struck down

The court of appeals has denied Trinity Global Support Foundation's request to call off Canada Revenue Agency plans to yank its charitable status. Trinity announced the court decision in a statement late Tuesday.

The charity, chaired by Mayor Joe Fontana, might appeal the decision the statement said.

Trinity Global, which runs programs ranging from those that provide breakfast to kids to those that ship HIV/AIDS medication overseas, has been linked to a tax shelter investigated by the CRA.

METRO

Conference empowers youth to be ambassadors

TVDSB. Gay-straight alliances come together for common cause

Students from across the Thames Valley school board came together Tuesday in London, leaving with ideas for making the high-school experience better for everyone.

The 175 students are members of their schools' gay-straight alliances, designed to promote safe schools for all students.

Working under the theme "Lead out loud, find your voice," student ambassadors reviewed the board's new guidelines for accommodating gender-diverse and transgender students.

They also heard from people who faced challenges — but survived — high school.

"I gotta say, I had the privilege of going through puberty twice, once as a female and once as a male, and it really sucked — both times," Wes Heney, community development coordinator with Open Closet, told students.

Through humour and personal accounts, Heney related to students how long it took for him to start fully experiencing life.

"I constantly struggle with the sense that I lost a lot of time," he said. "I think I was 23 before I started living with myself authentically because there wasn't that space (in society) to even explore what my identity meant to me."

The conference aims to prevent today's students from experiencing similar struggles, said Susan Dale, the school board's learning coordinator for safe schools.

Everyone, she said, should feel empowered enough to find "who they are, to find their voice and be proud of who they are.

"Everyone has a right to feel respected for who they are," she said. MARK SPOWART/FOR METRO

Coming up

May 17 is International Day Against Homophobia, Transphobia and Biphobia.

Student ambassadors from across the Thames Valley District School Board are pictured Tuesday as they meet at the Education Centre for the board's seventh annual gay-straight alliance conference. Schools throughout TVDSB will mark International Day Against Homophobia, Transphobia and Biphobia. MARK SPOWART/FOR METRO

The Grand Theatre shines a light on teen's hidden talent

When the curtain rises Thursday on The Grand Theatre's spring high school project, the backstage efforts of one local student will be in the spotlight.

Twenty-one local teens — chosen from a pool of 70 — played a role in bringing The Taming of the Shrew to life. Only one was given a chance to serve as lighting designer: Katie Norton.

The Grand's high school projects generally have students doing a bit of everything from acting to building props. But this is the first time a student has been offered a chance to map out the show's lighting — something that can set the whole tone for a production, director Jack Grinhaus said.

Norton, a 16-year-old Grade 11 student at London Central Secondary School, was a natural fit for the post, Grinhaus said.

"I needed someone who would be quick to take this up, and I saw that Katie was quite bright," he said. "I was able to tell her … (what) I was interested in, and she went away to do research.

"She came back with photos and the idea for sepia style, the black-and-white lights and ways to punch out shadows like in the vaudeville era."

It only took one meeting for Norton to know she wanted to make the show look like a 1920s film, using special lighting tricks to give the show a "grainy" look.

A newbie in the world of lighting when practices began, Norton thinks she might like to take things a little further.

"I'm thinking that maybe it could be that big amazing thing I'd want to go into later," DAVE DE VRIES/FOR METRO

If you go

- **Tickets.** $22 for adults and $17 for those 17 and younger. Call 519-672-8800 or visit grandtheatre.com.
- **Participating.** Students who will be in Grades 9 to 12 next school year can email kquayle@grandtheatre.com if they're interested in playing a roll in The Grand's next high school project.

Katie Norton, 16, a Grade 11 student at London Central Secondary School, is pictured in the tech booth of The Grand's McMannus Studio Theatre. ANGELA MULLINS/METRO

Charity. Storage unit bosses turning cast-off goods into cash

City Centre Storage and Big Box Mobile are banking a big TV hit's idea to bring in big bucks for charity.

The companies, under the same ownership, are teaming up May 4 to put a special twist on the Storage Wars concept.

The companies will swing open the doors on abandoned storage units, offering up the contents to the highest bidders.

Proceeds will be donated to four local charities: Animalert, My Sister's Place, Mission Services and Street Connection.

Along with the abandoned lockers, the companies will also have a few special units filled with new items that have been donated for the cause.

Sarah Delaney, marketing and sales co-ordinator at City Centre, said the idea came from a brainstorm session with a colleague who works closely with Mission Services.

"We wanted to bring our ideas of community together with our company," Delaney said. "There are auctions every other month so we do Storage Wars already, for 10 years actually."

About 15 units will be up for grabs. Typically, units go for about $200 dollars, but organizers are hoping the donated items and good cause will drive prices up. DAVE DE VRIES/FOR METRO

The details

- **When.** The sale and auction at City Centre Storage (715 Fanshawe Park Rd. W.) is planned from 9 a.m. to 3 p.m., May 4. Auctions start at 11 a.m.
- **Donations.** People are asked to bring cash or food donations to help a charity of their choice.
- **Website.** To learn more, visit citycentrestorage.com/auction-fundraiser.

Men deny VIA Rail terrorist plot; ‘Let police do their job,’ dad says

Al-Qaida in Iran to blame? Two charged over alleged plan to hit passenger train appear in court

Talk about a media scrum! John Norris, Raed Jaser’s lawyer, is surrounded by microphones and cameras at a Toronto courthouse on Tuesday. Jaser is seen in a court sketch at bottom right. Co-accused Chiheb Esseghaier, top right, attended court in Montreal. Both are charged in what the RCMP says is the first alleged al-Qaida plot in Canada. TARA WALTON/TORSTAR NEWS SERVICE (LEFT) AND THE CANADIAN PRESS

Two men charged in an alleged al-Qaida-supported terror plot to attack a VIA Rail passenger train disputed the allegations against them Tuesday as they made their first appearances in court.

Raed Jaser, 35, and Chiheb Esseghaier, 30, are facing several terrorism charges each in what the RCMP is calling the first known alleged plot in Canada directed by the terrorist organization.

Esseghaier, who appeared in court in Montreal, stood calmly in the witness box and asked to address the court.

“The conclusions were made based on acts and words which are only appearances,” he said.

The judge, Pierre Labelle, explained it wasn’t the right venue for his remarks.

Both Esseghaier and Jaser are charged with conspiracy to murder for the benefit of a terrorist group, participating in a terrorist group and conspiring to interfere with transportation facilities for the benefit of a terrorist group. Esseghaier faces an additional count of participating in a terrorist group.

If convicted, they could be sentenced to life in prison.

Several family members attended Jaser’s brief Toronto court appearance.

“Of course I am supporting my son, of course,’’ said his father, Mohammed Jaser, as about two dozen journalists surrounded him. “Let the police do their job.’’

Jaser and Esseghaier were charged Monday in an alleged plot that the RCMP said involved “direction and guidance” from al-Qaida in Iran.

THE CANADIAN PRESS

Tragic Rehtaeh. Teen’s grieving family makes a pilgrimage to Ottawa

Rehtaeh Parsons’ family met with Prime Minister Stephen Harper privately Tuesday to discuss changes to the criminal code in the wake of their daughter’s death.

Rehtaeh’s father, Glen Canning, said after the meeting he doesn’t know what the federal government can or will do.

But he said the meeting with Harper was “heartfelt” and he was convinced the Prime Minister cares about his daughter’s case.

Rehtaeh’s family alleges she was sexually assaulted at a party and images of the 15-year old were transmitted online.

She attempted to hang herself and was taken off life support days later.

The family wants the criminal code changed to stop the Internet transmission of such intimate images without consent.

ALEX BOUTILIER/METRO IN OTTAWA

Nova Scotia Premier Darrell Dexter, right, arrives on Parliament Hill with Rehtaeh Parsons’ family on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

Boston bombing. Jihad websites held a deadly allure for both suspects

The dead Boston bombing suspect, Tamerlan Tsarnaev, was an ardent reader of jihadist websites and extremist propaganda, U.S. officials said Tuesday.

And evidence suggests he and his wounded brother, Dzhokhar Tsarnaev, were both motivated by an anti-American, radical version of Islam, the officials said.

Officials said Tamerlan, 26, frequently looked at extremist sites, including Inspire magazine, an English-language online publication produced by al-Qaida’s Yemen affiliate. The magazine has endorsed lone-wolf terror attacks.

Meanwhile, 19-year-old Dzhokhar — suffering from a gunshot wound to the throat — was questioned in hospital by investigators, who let him write down his replies.

Dzhokhar has been charged with using and conspiring to use a weapon of mass destruction.

THE ASSOCIATED PRESS

Faraway tears

U.S. investigators travelled to southern Russia on Tuesday to talk to the parents of the Boston bomb suspects.

- **Mother.** The suspects’ mother, Zubeidat Tsarnaeva (above), appeared outside her home for the first time since the furor.
- **Sadness.** She is in “very bad shape” and cries as she watches video of her dead son, said rights activist Heda Saratova.

Kids in the public eye

Harper’s wife has no tips for the Trudeaus

Laureen Harper has no tips for the Trudeaus about raising a young family in the public eye.

She says she could take lessons from Liberal leader Justin Trudeau’s wife, Sophie.

“She would walk down the street and people know her. I walk down the street and nobody would know me,” Laureen Harper said.

THE CANADIAN PRESS

The Associated Press

Hackers hit U.S. news giant

Hackers compromised Twitter accounts of The Associated Press on Tuesday, sending out a false tweet about an attack at the White House.

It said there had been two explosions and Barack Obama was injured.

THE ASSOCIATED PRESS

Queen’s Park idea

All aboard ... for security checks on trains?

The Ontario government wants to talk with its federal counterparts about beefing up security on passenger trains after the arrest of two men accused of planning to attack a VIA Rail train.

Attorney General John Gerretsen says airport security has received the lion’s share of attention, but he thinks it may be time to change that.

Gerretsen wants federal and provincial security experts to look at the possibility of airport-style checks for passenger trains and other forms of public transport. He admits checking passengers’ bags before they board trains is a possibility.

Gerretsen also says he was very pleased with the working relationships between the Ontario Provincial Police, RCMP and U.S. law enforcement agencies in the latest arrests.

THE CANADIAN PRESS

Loyalty program

Outgoing CEO says Rogers needs to 'significantly' up customer service

Rogers Communications says it plans to launch a loyalty rewards program this year, as part of a bid to improve its relationship with customers.

Outgoing CEO Nadir Mohamed said Tuesday the wireless, cable and media company needs to improve its customer service "significantly."

We "will actually further work to reinforce this idea that we value our customers (and) we reward our customers for staying with us," he told reporters in Toronto, before the company's annual meeting.

Some longtime customers have turned to the customer-service department to request discounts on their payments. They want the company to demonstrate that the company "values their tenure," he said.

While details of the rewards program weren't revealed, a broad range of the telecom company's services will be recognized in the program. It will also extend to its banking and credit-card services, expected to launch sometime this year.

THE CANADIAN PRESS

Nadir Mohamed, outgoing CEO of Rogers Communications, speaks at the company's AGM in Toronto on Tuesday. THE CANADIAN PRESS

Market Minute

DOLLAR
97.45¢
(-0.01¢)

TSX
12,090.94 (+0.26)

OIL
$89.18 US (-1¢)

GOLD
$1,408.80 US (-$12.40)

Natural gas: $4.23 US (-4¢)
Dow Jones: 14,719.46 (+152.29)

India's outsourcing firms face U.S. backlash

Hewlett-Packard employees work at the company's Business Process Outsourcing centre in Bangalore, India, in this 2007 photo. For years, India's multibillion-dollar outsourcing industry skated over criticism that it was eliminating white-collar jobs in rich nations. Now, the industry's long-held fears of a backlash are being realized in its crucial U.S. market. Provisions in an overhaul of U.S. immigration law will close loopholes that allow outsourcing companies, both Indian and American, to pay guest workers in the U.S. at rates often below wages for equivalent-level Americans. THE ASSOCIATED PRESS FILE

Foreign workers program is meant for high-skilled positions, Carney says

Last hurrah. At his final appearance before the finance committee, BoC governor tackles variety of sensitive subjects

Mark Carney at a finance committee hearing, Tuesday. THE CANADIAN PRESS

Bank of Canada governor Mark Carney says the controversial temporary foreign workers program should not be used to drive wages down or to fill lower-skilled jobs.

Speaking to the Commons finance committee for the last time before his departure for London in June, Carney said the intent of the program is that it be used primarily to fill needs for high-skilled jobs temporarily, until businesses can train Canadians to take over.

In a two-hour appearance Tuesday, Carney used the occasion to touch on a number of politically sensitive subjects, including the government's move to increase tariffs on imports from 72 countries, the labour market, the Canada-U.S. price gap, and the contentious foreign-workers program.

The challenge of a skills shortage is not unique to Canada, Carney said, but the solution is training — not bringing in temporary foreign workers. Contrary to some views, he added, Canada's labour market is among the most flexible in terms of mobility among industrialized countries.

THE CANADIAN PRESS

RBC outsourcing furor

- The foreign-workers program became a hot potato for the federal government after an outsourcing company doing work for the Royal Bank of Canada brought in foreign workers to do work that had been done by about 45 Canadians at the bank.

Liquid gold. Thief makes off with rare scotch worth $26K

Toronto police are looking for a thief with expensive taste.

They say a man went into a downtown liquor store earlier this month and went to the vintage section, where he selected a rare bottle of 50-year-old Glenfiddich Single Malt scotch.

The 700-millilitre bottle, which was in a glass case, is worth $26,000. Police say the man then selected a bottle of wine and paid for that, but left the store without paying for the scotch.

A security-camera image of the suspect is posted on the Toronto Police Service website. According to police, the bottle is extremely rare, with only 15 bottles in Ontario and 50 bottles worldwide.

Glenfiddich 50 Year Old GETTY IMAGES FILE

THE CANADIAN PRESS

Forecast. Canada Post could have billion-dollar losses by 2020, report says

A think-tank commissioned by Canada Post is warning that the Crown corporation will be losing $1 billion a year by the end of this decade.

The Conference Board of Canada says the postal service is being hit by a dramatic reduction in volumes in the age of digital communication.

It estimates that the volume of bills, invoices, advertising and publications handled by Canada Post will decline by more than 25 per cent by 2020.

The volume of parcel delivery is expected to buck the trend and grow by 26 per cent due to online shopping, but the Conference Board says it won't be enough to offset the revenue lost in other areas.

The report says price increases won't be enough to make Canada Post self-sustaining. It estimates $576 million a year could be saved by the elimination of door-to-door delivery for urban homes that get it — about one-third of Canada's households.

Canada Post issued a statement as the Conference Board analysis was released, saying the report is "the beginning of an important conversation" about what the public values.

New stamps commemorating classic Canadian rock bands including The Tragically Hip, Rush, The Guess Who and Beau Dommage will be available July 19. CANADA POST/THE CANADIAN PRESS

THE CANADIAN PRESS

FOREST CITY WRAPS
WRAPS THAT PRODUCE RESULTS!
ATTENTION: BUSINESS OWNERS!
Want to WIN your business a full vehicle branding wrap worth $3500?! (Approx.)
Visit us online for more details and your chance to enter.
www.forestcitywraps.com 519.680.3232

A Clinical Research Opportunity for People with GOUT FLARES
GOUT
research study enrolling now
A research study near you may offer a no-cost investigational drug for GOUT if you qualify.
No-cost study-related care.
Compensation up to $1,000 may be available.
Call 866-785-2186
or visit www.GoutStudyInformation.com

SO YOU WANT TO BE A MARTIAN

JUST SAYIN'

Paul Sullivan
metronews.ca

If you're having a bad day here on Earth, consider the alternative.

How about a bad day on Mars?

Applications are now open for people who want to be the first settlers on Mars.

It may sound like science fiction, but Mars One, the company offering the gig, swears they'll have you there by 2023, which is only a decade away.

But there's a catch.

Mars One has the technology to get you there, but the technology to get you home doesn't exist.

It's like that Eagles anthem, Hotel California. "You can check out any time you like, but you can never leave."

So it's a one-way ticket to the Red Planet.

I don't know about you, but I've always wanted to go to Mars, I'm just not sure I want to be stuck there.

At first blush, it sounds romantic, but sometime around year four, you might want to order in pizza or hit the clubs, and whaddaya know? No pizza parlours. No clubs.

Just more of that astronaut food that tastes like Tang and dog biscuits.

Therefore, Mars One is looking for a special kind of person.

Someone who is nuts enough to spend the rest of his or her life stuck in a climate-controlled hut the size of a portable toilet but well-adjusted enough not to try to eat his or her fellow castaways.

If you're that kind of person, Mars One is for you.

All you need to do is convince the Mars One people that you're the best nutbar of all the nutbars applying for the nutbar job, plus you've got the $33 registration fee. Deadline is Aug. 31, 2013.

Before you sign up, you should know that the average temperature on Mars is -55 C.

That will give applicants from Siberia and Canada the inside track. If you're from Novosibirsk or Winnipeg, it will feel just like home.

Other than thicker than normal heads or blood, applicants require no special skills, as they will spend seven years training and getting ready.

So, as you'd expect, the gallery of geeks featured on the Mars One website are all cut from the same cloth: basement-dwellers with bad facial hair. And that includes the women, with the clear exception of Ilona, 23, from Finland. You could almost imagine spending the next 63 years in a hermetically sealed bin with Ilona, who says she wants to devote herself to the good of mankind and enjoys the humour that comes from well-crafted subtlety.

Such as the prospect of being stuck on Mars with Jason, 24, from the U.S., who has an associate degree in welding and aspires to a bachelor's degree in welding engineering, for the rest of her life.

Somehow I think all this is going to end in tears. Too bad that on Mars, no one can hear you scream.

ZOOM

Would you like insects with that?

KIRSTY WIGGLESWORTH/THE ASSOCIATED PRESS

Tastes like chicken

Designer Penelope Kupfer displays a biscuit made from insect flour at the Wellcome Collection in London, England, on Tuesday.

The exhibition of illuminated, room-high insect traps, dramatic light projections of creepy crawlies and 3D printing of food made from bugs is a new installation called Insects au Gratin which explores the benefits of eating bugs, as part of a new series called Who's the Pest? organized with Pestival — the cultural organization dedicated to our relationship with insects and the natural world.

THE ASSOCIATED PRESS

Slimy yet satisfying

Have you ever imagined yourself on Fear Factor, eating bugs? The exhibit aims to expand our invertebrate consumption by suggesting that entomophagy (eating insects) is a sustainable solution to an impending food crisis.

Apparently, insects can be nutritious: four grasshoppers provide the same amount of calcium as a glass of milk. And, by weight, dung beetles have more protein than beef.

The installation, which runs through May 5, allows guests to draw the shape of their food and experiment with 3D printing. METRO

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

JENELLEBOYCE/FLICKR

If you haven't already experienced the amazingly awkward Experience Regina tourism video with its still shots of high school graduation, the 'snax' bar and a bikini-clad Prairie babe, check it out on YouTube. In light of the Queen City video's fresh press (though the video is from 2008) we've dug up more tourism fails (or works of genius) from the video-sharing site.

Woody Goomsba visits Leavenworth, WA:
"Shouting out to the centre of the state" certainly is done best to rap music with kilt wearing ladies grinding a wooden mascot named Woody Goomsba while Mrs. Goomsba looks on angrily.

Vancouver Tourism with Karen Campbell:
According to Vancouver Tourism's ancient video, Vancouver is the 'simply spectacular' land of mermaids, cowboys and retired tourists — and also, a lot of people wearing florescent crop tops. Can you find dancer Karen Campbell?

Pattaya Country:
OK, maybe not 'everybody' is dancing, but certainly this young Thai boy is getting his groove on in Pattaya, Thailand. But it seems like there's only enough for one dancer in this South Asian destination — as he steps back from provincial lines, his moves seem to go with him.

Comments

RE: How The World Will Change In 2043: We'll Turn Into Bots And Upload Our Memory, published April 22

I think those futurists are a bit looney and need to be taken back to the lunatic asylum for their meds. I'm sorry I might work in IT but I prefer keeping the hardware outside of my flesh. Uploading our memories to the Internet in a cloud-based system would be a bad idea. Would you want a hacker to be able to hack into your brain directly? As for people switching limbs out for robotic limbs, I don't see that happening. If I hold hands with a girl I want it to be her physical hand not a metal plastic monstrosity unless she was in some sort of accident.

Taggart Romkey posted to metronews.ca

"Progeny of the oblivious"? Sorry but the future children you talk about won't be oblivious to their world just because their parents are. Look at the current youth generation difference and their parents which you also comment on. The apple does fall far from the tree, and then rolls off in another direction.

DaleWale posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

metro

President: Bill McDonald • **Vice-President & Group Publisher, Metro Eastern Canada** Greg Lutes • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor** Angela Mullins • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Distribution Manager** Rob Delvallet • **Vice-President, Sales and Business Development** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson • **METRO LONDON** • 350 Talbot Street Main Floor London ON N6A 2R6 • **Telephone:** 519-434-3556 • **Fax:** 888-474-3094 • **Advertising:** 519-434-3556 Ext. 2222 • adinfolondon@metronews.ca • **Distribution:** london_distribution@metronews.ca • **News tips:** london@metronews.ca • **Letters to the Editor:** londonletters@metronews.ca

Interview

The American dream, plus a lap dance or two

If anyone is living the American dream, it's Bar Paly. In the last few years, the Israeli actress and model has been landing increasingly bigger roles in TV and film, including parts in How I Met Your Mother and The Starter Wife, and in the film A Glimpse Inside the Mind of Charles Swan III.

So it seems fitting that her biggest project to date is a dark riff on the American dream. Pain & Gain is a true crime story about a group of bodybuilders (dubbed the Sun Gym Gang) doing bad things in mid 1990s Miami.

In the film, Paly plays a stripper with big ambitions of becoming a Hollywood star, and she admits it was intimidating walking onto a set with a list of big names.

"It was so overwhelming," she says. "And on top of that you have to act against Mark Wahlberg. I was trying to pretend that everything is cool, but inside I was screaming 'I'm reading lines with Wahlberg.'"

"In the first few days he gave me the scenes where I didn't have to actually talk too much, it was more the lap dance and sex scenes," she says, laughing. "It was like, 'Hi, nice to meet you Mark Wahlberg, now here's my hair in your face while I give you a lap dance.'"

LIZ BROWN/ METRO

Robert De Niro and Diane Keaton star as a divorced couple in The Big Wedding. HANDOUT

Nuptials often turn nasty going down theatre aisles

The Big Wedding. The latest big screen effort is just one in a long line of movies where hilarity and horror dominate the story

IN FOCUS
Richard Crouse
scene@metronews.ca

In The Big Wedding, a long-divorced couple, played by Robert De Niro and Diane Keaton, pretend to be happily married at their adopted son's wedding for the benefit of his biological mother.

Hijinks ensue, but like all movies with the word "wedding" in the title, audiences don't buy a ticket for the shenanigans. They go to see the ceremony.

Anything that happens before the walk down the aisle is window dressing, the journey that gets the audience where they really want to be — at the altar.

The famous wedding scene in The Godfather — including the much-quoted Luca Brasi line, "Don Corleone, I am honoured and grateful that you have invited me to your home on the wedding day of your daughter. And may their first child be a masculine child," — featured many Staten Island Italian-Americans as extras.

They were invited to the set to enjoy homemade wine, traditional Italian food and enjoy themselves as though it were a real wedding.

Inspiration for the film Four Weddings and a Funeral came when writer Richard Curtis realized he had been to 72 weddings in 10 years.

The movie, about a confirmed bachelor who discovers love, made an international star of Hugh Grant, who won the role after auditioning with a tape from when he was best man at his brother's wedding.

Both those films, plus others like Wedding Crashers, My Big Fat Greek Wedding and Fiddler on the Roof feature wonderful wedding scenes. But what about when nuptials turn nasty?

Who could forget Mr. Robinson howling, "You punk! You crazy punk! I'll kill you!" at the lovesick Benjamin (Dustin Hoffman) in The Graduate after he interrupted the wedding of Elaine Robinson (Katharine Ross) to another man? Elaine leaves her intended at the altar, running off with Ben to an uncertain future, creating one of the classic endings in movie history.

In Runaway Bride Richard Gere plays a reporter investigating the story of Maggie Carpenter, a serial bride who has had multiple disastrous weddings, leaving three men at the altar. "Always a bride," she says, "never a bridesmaid!"

The biggest bummer wedding in movie history has to be in Kill Bill Vol. 2.

"How it happened, who was there, how many got killed and who killed them, changes depending on who's telling the story," says The Bride (Uma Thurman). "In actual fact, the massacre didn't happen during a wedding at all. It was a wedding rehearsal."

Famous quotes

"Don Corleone, I am honoured and grateful that you have invited me to your home on the wedding day of your daughter. And may their first child be a masculine child."

Luca Brasi
In the famous wedding scene in The Godfather

THAT'S THE POWER OF WIND™

YOUR PHONE KNOWS NO LIMITS.
NEITHER SHOULD YOUR DATA.

This could be your wake-up call. Visit WINDmobile.ca

Screen images simulated. © 2013 Research in Motion Limited. All rights reserved. BlackBerry, RIM, Research In Motion and related trademarks, names and logos are the property of Research In Motion Limited and are registered and/or used in the U.S. and countries around the world. Under the license from Research In Motion Limited. WIND and WIND MOBILE are trademarks of Wind Telecommunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2013 WIND Mobile.

Amanda Bynes ALL PHOTOS GETTY IMAGES

Bynes gets her gym membership revoked for smoking pot

Amanda Bynes' outlandish behaviour reportedly got her kicked out of her New York City gym this weekend when she was caught smoking marijuana in the women's locker room, according to RumorFix.

Management at the Planet Fitness location even went so far as to revoke Bynes' membership.

"Planet Fitness does not allow lunks to work out here, and especially no weed-smokers," a staff member tells the site.

Bynes of course denies the allegations, telling RumorFix, "I don't smoke in the bathroom. I also don't smoke pot, I smoke tobacco."

Selena Gomez

Gomez's friends furious over latest reunion

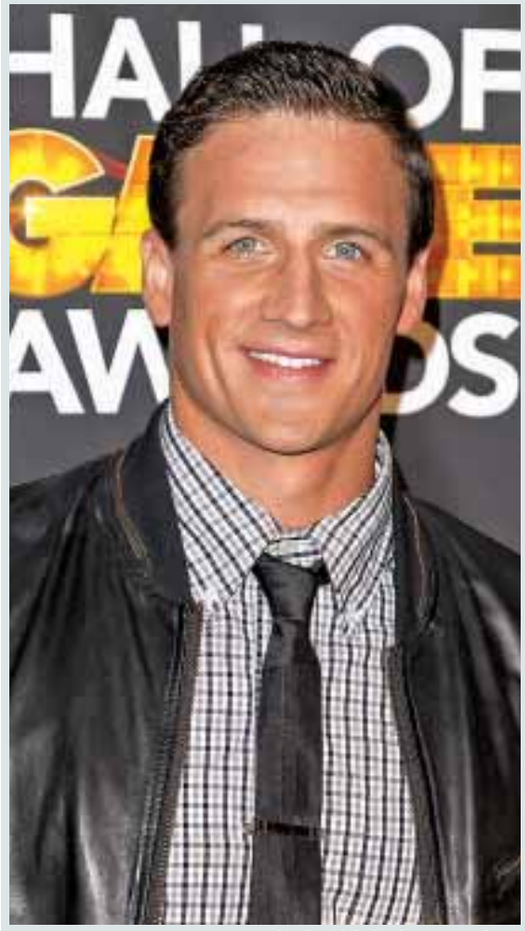
As Selena Gomez's reunion with Justin Bieber appears to be heating up — the pair have reportedly been spotted holding hands, hugging and kissing during their European rendezvous — her friends are getting nervous.

"Selena's friends are furious that she's giving Justin another chance," a source tells Radar Online. "They've been trying to warn her that he's no good for her and that she should stay away from him, but she just loves the attention he gives her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



I got your nose, Ryan, do you love me now?

THE WORD
Dorothy Robinson
scene@metronews.ca

Ryan Lochte is having a hard time finding love.

"I haven't been in a relationship in a year," the Olympian and star of the new reality TV show What Would Ryan Lochte Do? tells the new issue of In Touch. "Every time I date someone, I end up getting hurt."

The problem, it seems, is that he doesn't know if women are after his giant brain (this is the man who wore a fake grill on the Olympian podium and coined the catchphrase "Jeah!" so by "giant brain" I might be using slight sarcasm) or for his public persona.

"I don't know if they're just after my fame and money or if they like me for who I really am."

But if he could find someone he really does like, what is he looking for?

"A girl that's fun, classy and sweet who I can have a conversation with," Ryan says.

"If she can make me smile and laugh, I'm sold!"

My advice for his next potential love interest? Pretend to take his nose. He would be so enamored of your magical powers, you'd be unstoppable.

Tara Reid

Reid rep denies drunken dispute

Tara Reid apparently takes her savings seriously, as the American Pie star was reportedly thrown out of an All Saints store in L.A. for throwing a tantrum after being denied a discount, according to the New York Post.

"She was screaming," a source says. "She had to be escorted by security. She seemed drunk."

A rep for Reid challenges that assertion.

"She was definitely not drunk. People love to say Tara's hammered and this and that."

As for why Reid would be so miffed over not getting a discount? "Tara gets a huge discount with All Saints in the U.K. and Paris because she's a walking billboard."

Miley Cyrus and Liam Hemsworth

Can't a girl take off her engagement ring?

Despite indications of trouble between Miley Cyrus and Liam Hemsworth, the pair are "still engaged," according to E! News.

"They live together. The wedding is not off," a source says.

"You can't postpone a wedding that never had a date in the first place. Their plan all along was to wait a couple of years before even thinking about a date."

As for the eyebrows Cyrus has raised by stepping out multiple times without her engagement ring?

"She just doesn't wear it sometimes," the source adds. "People shouldn't read too much into that."

Twitter

@mcgregor_ewan
I'm so happy to be in a city. Melbourne I think I love you.

@chriscolfer
Hearing the Paramount security guard call me a "sneaky ninja" just. made. my. life!

@CraigyFerg
The grass is greener in LA cause we paint it.

In the land of Disney, the princess always reigned supreme. However, though Sleeping Beauty's Castle, the Bibbidi Bobbidi Boutique and those ever-popular princesses may get a lot of the attention, Disneyland and California Adventure offer a pixie dustless world for the guys in your life too — all in time for Father's Day in June.

METRO WORLD NEWS

Four things for the boys in Disneyland

Cars Land

Route 66 comes to life for plain-old cars and animated Cars lovers alike. California Adventures' newest attraction is set in the world of Radiator Springs, where characters from the animated movie motor down Main Street. Rides include Luigi's Flying Tires, a modern floating-on-air version of bumper cars and Mater's Junkyard Jamboree, where tractors whip and spin you around. The highlight is Radiator Spring Racers, which takes you on a leisurely car ride through a wind-carved setting before drag racing your way to the finish line.

Don't miss: Characters from the animated film regularly park near the Cozy Cone Motel to have their photos taken.

Star Tours

Ask a 30- or 40-something father what his favourite movie was growing up — then ask his son the same question — and the likelihood is they may have the same answer: Star Wars. With Disney taking over control of the series, there may be more themed rides in the future. Until then, Star Tours is still the place in Disneyland to enjoy a ride through the galaxy while using the force to avoid the black-gloved wrath of Darth Vader. The 3D ride takes you on a Starspeeder, cruising at light speed through George Lucas' sci-fi universe.

Don't miss: A Jedi Training Academy takes place daily at the Tommorowland Terrace, where kids are shown how to use lightsabers.

Pirates of the Caribbean

This is one of the original rides at Disneyland — long before Johnny Depp swaggered his way through the films as Captain Jack Sparrow. And there's a reason why Pirates has always been popular: it's fun. The boat ride starts in the calm Louisiana Bayou but soon takes you deep into the dark world of hidden treasure, sea battles, and the pirate-terrorized town of Puerto Dorado. It may sound scary, but it has a number of light-hearted moments to tame the pirate terror.

Don't miss: Captain Jack Sparrow makes a number of appearances during the ride, so keep your eyes peeled for him.

Pirate's Lair on Tom Sawyer's Island

Located in a man-made lake on the edge of Frontierland, the island is a giant playground for kids of all ages. A river raft ferries you from the main park across to the island, where dirt trails lead you to hidden caves, hilltop forts, wood and rope bridges and pirate's treasures.

Don't miss: Take a boat ride around the island on the Mark Twain, a 1900s paddleboat, or aboard the pirate ship Columbia.

Looking for more Disney vacation ideas? Metro's Elisha Dacey is currently at Disneyworld in Florida with Breakfast Television and Cityline's recent contest winners. Check out her blog at metronews.ca

Lasagna gets an under the sea makeover — shrimp and all

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

You can use any combo of fish you like in this creamy lasagna, but I like shrimp for its sweet flavour and firm texture. Don't use a fish that's too delicate or it will fall apart.

1. Preheat the oven to 375 F. Spray a 13- by 9-inch baking dish with cooking oil.

2. To make seafood mixture, heat the oil in a non-stick skillet over medium heat. Sauté the garlic, bell pepper and leeks for 5 minutes or just until tender.

3. Add the seafood and sauté until the fish is opaque, approximately 3 minutes. Pour off any excess liquid. Set aside.

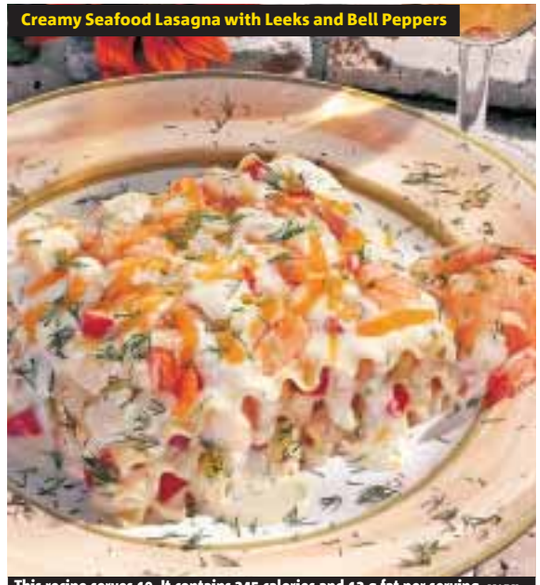
4. Combine the flour, stock, milk and mustard in a non-stick saucepan and stir until smooth. Simmer over medium heat until just thickened, approximately 4 minutes, stirring often. Stir in the dill, pepper and the seafood mixture. Remove from the heat.

5. For cheese mix, combine ricotta, 3/4 cup of cheddar, Swiss and Parmesan cheese in a small bowl, mixing well.

6. To assemble, place 3 lasagna noodles in prepared baking dish. Spread 1/3 of seafood mix over top, then 1/2 of cheese mix. Repeat for second layer. Top with remaining 3 lasagna noodles and remaining seafood mix. Sprinkle the remaining 1/4 cup cheddar cheese over the top. Cover with foil and bake approximately 30 minutes, removing the foil for the last 10 minutes of baking time. Allow to rest for 5 minutes before cutting and serving. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 1 tsp vegetable oil
- 2 tsp crushed fresh garlic
- 2/3 cup diced red or green bell pepper
- 2/3 cup diced leeks or red onion
- 1 lb seafood, cut into small pieces
- 1/4 cup all-purpose flour
- 1 cup seafood or chicken stock
- 1 1/4 cups 2 % evaporated milk
- 1 tsp Dijon mustard
- 1/3 cup chopped fresh dill or 1 tbsp dried
- Pinch ground black pepper
- 1 1/4 cups smooth light ricotta
- 1 cup shredded cheddar cheese
- 1/2 cup shredded Swiss cheese
- 1/4 cup grated Parmesan cheese
- 9 cooked lasagna noodles



Creamy Seafood Lasagna with Leeks and Bell Peppers

This recipe serves 10. It contains 345 calories and 12 g fat per serving. MARK SHAPIRO, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

Drink of the Week

Thyme and Ginger Sour

An ideal mix of savoury and sour, this drink is perfect for a casual evening in with friends. It's easy to make and looks great, too.

- 2 oz Luksusowa
- 2 oz fresh lime juice
- 1/2 oz simple syrup
- 2 oz ginger beer
- fresh thyme to garnish

Shake Luksusowa, lime juice and syrup with ice and pour into a rock glass. Top with ginger beer and garnish with fresh thyme.

COURTESY OF NISHAN NEPULANGODA, MIXOLOGIST AND BAR MANAGER, BLOWFISH/ PHOTO BY YBIMC

Starchy, crunchy, flavourful: Fried Rice & Pickled Radishes

1. Heat a large nonstick skillet over medium-high. Coat the pan with cooking spray.

2. In a small bowl, lightly beat the eggs. Add a pinch of salt and some pepper to the eggs, then add them to the pan. Tilt the pan to spread the egg all around to make a flat pancake. Cook for 30 to 45 seconds, or until almost set. Turn over the egg (you can cut it in a few pieces to make it easier, using the side of a nonstick pan-safe spatula) and cook for another 10 seconds. Transfer the egg to a cutting board.

3. Add 1/2 tablespoon of the oil to the pan. Once the oil is hot, add the onion. Reduce the heat to medium and cook, stirring occasionally, until the onion is lightly golden, about 3 to 5 minutes. Add the shrimp and cook, stirring, until almost cooked through, about another 3 to 5 minutes. Add the garlic and ginger and cook, stirring, for 1 minute. Transfer the mixture to a bowl and return the skillet to the heat.

4. Add the remaining 1 1/2 tablespoons of oil to the skillet, then add the rice, pressing it flat with the back of the spatula. Cook until the rice is slightly crispy, turning it over with the spatula, about 8 to 10 minutes.

5. While the rice is cooking, in a small bowl combine the radishes, vinegar and salt to taste. In a small bowl combine the soy sauce, sake and sesame oil. Chop the egg and add it along with the peas and sugar snap peas to the bowl with the shrimp.

6. When the rice is nicely crisped, add the contents of the shrimp bowl and the soy sauce mixture to the skillet and cook, stirring, until the mixture is heated through. Transfer the fried rice to 4 bowls and top each portion with some of the radishes.

THE ASSOCIATED PRESS/SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Ingredients

- 2 eggs
- Kosher salt and black pepper
- 2 tbsp canola oil, divided
- 1 cup finely chopped onion
- 1/2 lb peeled and deveined raw shrimp
- 2 garlic cloves, minced
- 2 tsp grated fresh ginger
- 3 cups cooked brown rice
- 2 cups coarsely shredded radishes (about 10 large radishes)
- 2 tbsp seasoned rice vinegar
- 1 tbsp low-sodium soy sauce
- 2 tbsp sake or dry sherry
- 2 tsp sesame oil
- 1 cup blanched fresh or thawed frozen peas
- 1 cup blanched sugar snap peas, cut into 1/2-inch pieces

Dinner. Honey Garlic Surf 'n' Turf Kebabs

1. Place steak chunks in large shallow dish. Pour all but 1/3 cup (75 ml) of honey garlic sauce over steak, turning so that meat is well coated. Cover and marinate in refrigerator for at least one hour or for up to 4 hours. Remove from the fridge and let stand at room temperature for 30 minutes.

2. Remove meat from marinade; discard marinade. Thread steak, shrimp, zucchini, cherry tomatoes and onions onto 8 metal skewers.

3. Spray grill with Pam Grilling Spray; heat to medium-high heat. Grill skewers, basting occasionally with remaining honey garlic sauce, turning once, until meat is medium-rare and shrimp are opaque, about 12 minutes. Make sure to keep grill covered when not basting. **NEWS CANADA/ VHSAUCES.CA**

Ingredients

- 1 lb (500 g) grilling steak (rib eye, sirloin) cut into 32 large chunks
- 1 jar (341 mL) VH honey garlic sauce
- 1 lb (500 g) jumbo shrimp (about 16), peeled and deveined
- 1 zucchini, cut into chunks
- 1 cup (250 ml) cherry or grape tomatoes
- 1 large red onion, cut into wedges
- Pam Grilling Spray

Want an insurance job? Shine your shoes

Jobs. What to expect, how to prepare, and how to follow up after your big interview

CASSANDRA JOWETT
TalentEgg.ca

If you really want to impress an insurance employer in a job interview, it all comes down to one thing: always be prepared.

One of the biggest mistakes students and recent graduates make is coming in unprepared, says Trevor Buttrum, Career Connections (career-connections.info) program manager at the Insurance Institute of Canada.

Being unfamiliar with the company, being unable to make connections or draw parallels between your experience and the role, or showing up late are the three biggest insurance industry job interview don'ts, he adds.

Keep reading to find out what to expect during, how to prepare for and how to follow up after your next job interview with an insurance employer:

What to expect

Most interviews for insurance jobs involve a two-step process:

The telephone screen

The process may start with a telephone screen conducted by a recruiter in the company's human resources department. "The telephone screen is designed to confirm that you meet the criteria for the position, establish your understanding of the role, and get a sense of your style or approach," Buttrum explains.

The in-person interview

If you meet the requirements of the telephone screen, it will usually be followed by one or two in-person interviews that may now include the hiring manager and other colleagues involved in the process. "Don't let it throw you if it is a panel interviewing you — these are now common place!" Buttrum says.

The in-person interviews will most likely be behavioural or competency-based, he says. "Think, 'Tell me about a time when…' or scenarios that get at how you might handle various aspects of the job. The employer is looking for you to make connections between what you have done and how it will help you to be successful in your potential new role."

How to prepare

Find out what you'll need

When you're invited for the interview, whether it's by phone or email, always ask if there's anything that you should bring. Here's why:

"I once had an employer say, 'Good thing you asked, I almost forgot to mention that we would like to see an example of a presentation you have developed. Could you supply us with a version on a USB key?'" Buttrum recalls. "I would have never just 'had one on hand' in an interview."

Know yourself

In a job interview situation, knowing exactly how your education and experience will benefit the employer and the role you've applied for is half the battle.

Ideally, you've already determined this in order to tailor your resumé and apply for the job in the first place, but if not, learn as much as you can about the role and map out how you fit the bill, Buttrum says.

Practise your answers to typical job interview questions with a trusted friend or career counsellor and introduce examples from your experience into the conversation. Buttrum recommends using the STAR method to help you answer the interviewer's questions:

- Situation — Setting the stage: Who, when, where, why? (five per cent of your answer).
- Task — What did you do? What was your role? (five per cent of your answer).
- Action — How did you do it? What steps did you take? (70 per cent of your answer).
- Result — What happened? What was the outcome (20 per cent of your answer).

Think you can just wing it during your next job interview? Think again.
ISTOCK IMAGES

Do your research

How much do you know about the company, its business, core values and any other unique aspects to it?

"Web research, reading trade publications, checking out examples of their consumer marketing and talking to industry professionals are great ways to gain these types of insights," Buttrum explains.

"This information enables you to further tailor your answers to the employer's questions and might help you develop some of your own."

Dress for success

"Insurance is a traditional industry and, although business casual is becoming the norm for day-to-day in the workplace, it is suggested that you go business formal for the interview," Buttrum advises.

What does that mean? "Suit jackets, blazers, pressed pants, blouses, collared shirts, ties, nicely-shined shoes and knee-length skirts are what come to mind," he adds.

How to follow up

Should you or shouldn't you? When and how often? These are all questions that tend to plague students and recent graduates following their job interviews.

"Before you leave the interview, ask what the next steps are in the process and when the employer anticipates moving forward in their decision making," Buttrum recommends. "Keep this date in mind and use it as a temperature gauge for when to follow up next."

From there, don't push too hard. "Like any relationship, high frequency or intensity followup can send the wrong message," he says, adding that the process may be taking slightly longer than expected, hiring may not be the person's primary responsibility and other priorities may have arisen since your interview. "Be sure to give the employer a little leeway."

Frame your followup as checking in to see where they are in the process rather than asking whether or not they have reached a decision, and let the employer know you are happy to answer any questions or provide additional information which might support the process, Buttrum advises.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

What to bring to the interview

- Printed copies of your resumé, both for your reference and in case they don't have one.
- A notebook and pen so you can take notes.
- Your references, printed on a single sheet, in case the employer would like to review or contact them following your interview.

Combine Your Creativity With Technology!
Accelerated 12 Month Program in Internet Graphic Design
Classes start in May!
Check out www.westerveltcollege.com or call 226.289.2231
WESTERVELT COLLEGE
Since 1885

Write the best resumé for an insurance job

Drawing attention. A few tips on using your resumé to introduce yourself to a potential employer

CASSANDRA JOWETT
TalentEgg.ca

When writing your resumé, what's your ultimate goal? To get a job?

If that's the case, then you probably have the wrong purpose in mind.

Your resumé is just one of many steps you may take toward getting an insurance job. The real goal of that piece of paper should be to get an interview with the employer.

After all, your resumé is simply an opportunity to introduce yourself to a potential employer and, for the first time, draw their attention to your education, qualifications and experience. Your resumé should also demonstrate how you meet the employer's needs and are the best candidate for the specific position that you are applying for.

Follow these tips, provided by Career Connections (career-connections.info), a division of the Insurance Institute, to avoid any risk of missing out on the next insurance job you apply for.

Before you start

Sure, it's easy to whip up a resumé and fire off a dozen or so job applications each day. You might think that the numbers will be on your side, but the truth is employers notice when you do this. Before applying for any insurance job:

- learn more about the insurance industry.
- research each company and job carefully.
- make connections at insurance industry events and online, and try to set up informational interviews.
- develop a strategy for responding to the needs of the hiring manager.
- create a unique resumé for each job you apply for.

Insurance resumé dos and don'ts

Do

- Keep it concise — no more than one or two pages.
- Make it easy to read — use at least 10 point font.
- Use either a chronological (reverse timeline) or functional (experience-based) format.
- Put your name and contact information front and centre on all pages, including a professional email address (firstname.lastname@mail.com) and phone number with voicemail.
- Include an objective and a professional summary, plus details about your education and work and volunteer history.

Don't:

- Use industry-specific slang, jargon or acronyms if you can avoid it.
- Include references to your age, gender, ethnicity, religion or political affiliation, sexual orientation or Social Insurance Number (SIN).
- Forget to include accomplishments rather than tasks.

Career Training
WE MEAN BUSINESS
AT EVEREST COLLEGE
You're serious about your future. Everest College is serious about your success!
We offer career training in:
• Accounting and Payroll Administrator
• Business Administration
• Computer Business Applications Specialist
• Computerized Accounting
Call Now For More Information!
1-866-663-6859
www.EverestToday.ca
Everest COLLEGE
LONDON (Citi Plaza, 2nd Floor, corner of Wellington & York)
16 Convenient Locations in Ontario
Everest College is the largest private career college in Ontario with more than 9,000 enrolments annually.
Programs and schedules vary by campus. Financial assistance may be available for those who qualify. Career services assistance available to graduates. Morning and afternoon classes available.

Your resumé is the first step toward getting an interview. ISTOCK IMAGES

Want to talk to someone about gambling problems?
Ontario Problem Gambling Helpline
1-888-230-3505
www.ProblemGamblingHelpline.ca
Search for: Ontario Problem Gambling Helpline on Facebook or @ConnexOntario on Twitter
Ontario

LOYAL RELATIONSHIPS

FLEXIBLE PLANS MAKE POINTS PROGRAMS ATTRACTIVE TO CANADIAN CONSUMERS

Canadians truly love loyalty programs. The 2011 Colloquy Loyalty Census revealed 120.7 million loyalty memberships in this country — impressive, given that there are less than 35 million Canadians. Canadian Tire money, a proto-points program conceived by the appropriately named Muriel Billes, has been going strong since 1958.

To what do we owe this loyalty to loyalty? You might argue that Canadians aren't the most rebellious people. You might argue that we love a deal — though many countries have more ferocious bartering cultures than ours. It's probably a bit of both. But what makes loyalty programs most attractive for Canadians is their flexibility.

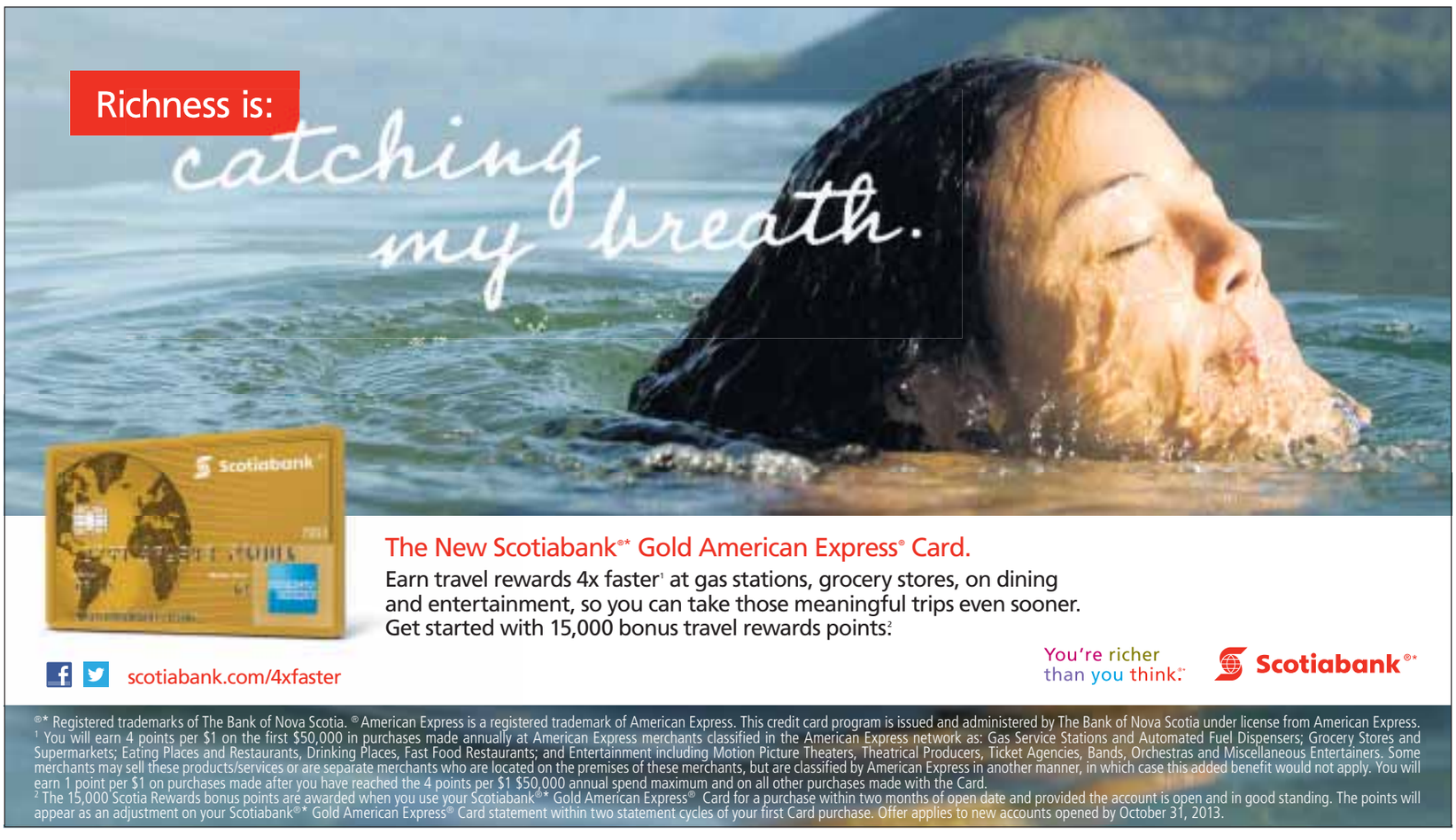
Choice. Options. Big concepts, expressed in a small, but meaningful way through programs from WestJet, Air Miles, Aeroplan, Shoppers Optimum, PC Points, and hundreds more from banks, credit card companies and other organizations. Some of these programs let you accumulate points for years, if you wish — saving up for that big-ticket item you have dreamed about. What makes that trip or product so special says a lot about you.

How you earn your points says a lot, too. You do it by being you — by shopping at the places you like to shop, buying the things you like to buy. You can build points by choosing credit, like the Target RBC MasterCard, instead of cash, or by using online retail instead of the traditional kind. Maybe the loyalty program itself is one of the reasons you are shopping there, but these days, almost every vendor has a program of some kind — this is Canada, after all.

Your lifestyle, needs, and personal choices inform how you build points, and how you redeem them. Aeroplan, for example, allows you to redeem your points not just for plane flights, but other travel-related products and services, such as luggage and car rentals; and even items that have nothing to do with travel, like home furnishings and power tools. You can even donate to charity. While the range of products offered by bookstores, grocery stores or theatres may not be that wide, they are certainly varied enough to suit many tastes.

These are our points — we earned them. And what we do with them is up to us.

– Chris Edwards


Richness is:
catching my breath.
Scotiabank
The New Scotiabank®* Gold American Express® Card.
Earn travel rewards 4x faster[1] at gas stations, grocery stores, on dining and entertainment, so you can take those meaningful trips even sooner. Get started with 15,000 bonus travel rewards points.[2]
scotiabank.com/4xfaster
You're richer than you think.®*
Scotiabank®*
®* Registered trademarks of The Bank of Nova Scotia. ® American Express is a registered trademark of American Express. This credit card program is issued and administered by The Bank of Nova Scotia under license from American Express.
[1] You will earn 4 points per $1 on the first $50,000 in purchases made annually at American Express merchants classified in the American Express network as: Gas Service Stations and Automated Fuel Dispensers; Grocery Stores and Supermarkets; Eating Places and Restaurants, Drinking Places, Fast Food Restaurants; and Entertainment including Motion Picture Theaters, Theatrical Producers, Ticket Agencies, Bands, Orchestras and Miscellaneous Entertainers. Some merchants may sell these products/services or are separate merchants who are located on the premises of these merchants, but are classified by American Express in another manner, in which case this added benefit would not apply. You will earn 1 point per $1 on purchases made after you have reached the 4 points per $1 $50,000 annual spend maximum and on all other purchases made with the Card.
[2] The 15,000 Scotia Rewards bonus points are awarded when you use your Scotiabank®* Gold American Express® Card for a purchase within two months of open date and provided the account is open and in good standing. The points will appear as an adjustment on your Scotiabank®* Gold American Express® Card statement within two statement cycles of your first Card purchase. Offer applies to new accounts opened by October 31, 2013.

This vacation will be even more rewarding than usual.
Hurry. Last chance to earn triple WestJet dollars®.*

WestJet Vacations always offers you complete vacation packages – great flights, amazing hotels and fantastic deals. But now, until the end of April, they come complete with a bonus. Book your WestJet Vacations package early for great deals and receive triple WestJet dollars.*

WestJet dollars can be used like cash towards the purchase of WestJet flights and vacation packages. Use them for travel on any date, to any WestJet destination, with no blackout periods. And now, booking early gets you triple WestJet dollars so you can make an already amazing vacation three times more rewarding.

Hurry, offer ends soon.

Book by: April 30, 2013
Travel until: October 31, 2013

Book at **westjetvacations.com** or call your travel agent.

WESTJET vacations

*Offer is valid on a WestJet Vacations booking made between April 4 and April 30, 2013 (11:59 p.m. MT) inclusive, for travel from April 4, 2013 until October 31, 2013 inclusive. New bookings only. Not valid on group bookings. Available to WestJet Rewards members only. To join, visit westjet.com/rewards. Reward member's 9-digit WestJet ID must be included on the booking prior to travel. Eligible spend and collection of WestJet dollars cannot be divided between multiple WestJet Rewards members. WestJet dollars amount awarded is subject to member's annual qualifying spend in the program and associated earn rate on WestJet Vacations packages at the time of posting. Taxes, fees and charges are not eligible for accrual. Bonus WestJet dollars have no cash value. All other program terms and conditions remain in effect. Offer is subject to change without notice. See westjetvacations.com for full offer details. ®Registered trademark of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd. **Ontario travel agents are covered by TICO. Mailing address: 6085 Midfield Road, Toronto, ON L5P 1A2. TICO registration number: 50018683.**

CONTRIBUTED

WESTJET PROGRAM AS GOOD AS CASH

'DOLLARS' CAN BE SPENT ON FLIGHTS OR VACATIONS

It pays to fly WestJet. Literally.

By enrolling in the WestJet Rewards program, you can earn up to 2.5 per cent in WestJet dollars for every WestJet flight or WestJet Vacations package you enjoy. Then you can use those WestJet dollars to purchase future flights or vacation packages. At WestJet, they are as good as cash.

The program works because it's simple.

"Our currency isn't miles or points," says Robert Palmer, manager, public relations. "If you have 300 WestJet dollars in your rewards account, you have the equivalent of $300 Canadian dollars you can spend with us. No mental gymnastics required."

It's flexible, too. WestJet dollars can be spent on any vacation package or flight the carrier operates, even during seat sales. There are no blackout periods or limited seating. So long as the flight is a new booking, you can use your WestJet dollars to reduce its cost. Like most loyalty programs, WestJet dollars do not cover taxes, fees and charges, but you can use any amount to cover the base fare, starting with as little as 25 WestJet dollars.

As a member of WestJet Rewards, you will earn progressively more WestJet dollars per total spent on WestJet flights in a given year. When your spending reaches certain milestones, WestJet offers bonuses, such as a Jet-Away package, including a companion flight, lounge passes, and more.

You can also build up WestJet dollars by making purchases with one of two WestJet RBC MasterCards. Cardholders earn up to 1.5 per cent back on any purchase they make — unless they are spending on flights or vacation packages with WestJet, in which case they will earn up to two per cent. New applicants receive a welcome bonus of up to 250 WestJet dollars when they make their first purchase with the card. Holders of the WestJet RBC World Elite MasterCard also receive an annual $99 round-trip companion flight (excluding taxes, fees, and charges), which can be used anywhere WestJet flies within Canada or the contiguous United States.

"The program continues to grow and evolve, offering additional value to our guests," Palmer says. "It's not just about loyalty — it's about working to earn your business every day, then rewarding you for being our guest."

For more about WestJet Rewards, visit westjet.com/rewards.

INGRAM PUBLISHING/THINKSTOCK

ISTOCKPHOTO/THINKSTOCK

LOYALTY HAS ITS REWARDS

DIFFERENT RBC INITIATIVES OFFER A BREADTH OF CHOICE

There once was a time when travel rewards programs were anything but consumer friendly. Fortunately, those days are well behind us.

"With the RBC Rewards program, we put the needs of our customers first," says Donna Lue-Atkinson, RBC's vice-president of global loyalty programs and rewards.

"We recognize the value of flexibility and treating every client as a unique individual. We also want the experience to be easy for clients to use and offer them the range of choice they're looking for in a rewards program."

To demonstrate this breadth of choice, Lue-Atkinson points to different initiatives within RBC Rewards.

"Some people want a highly personalized travel service. For those clients, we have a strategic relationship with Carson Wagonlit Travel. Our customers visit one of their store locations or call in and get the full-service approach they're seeking, redeeming their points at point of sale. Other clients prefer self-service, and for those clients, we have a partnership with Travelocity, a one-stop end-to-end online experience. Customers can book their air travel, car rental, cruises, hotels and more online."

Today's rewards programs don't start and end with travel, however.

"In December 2012, RBC Rewards launched eMall on our website to address the growth of online shopping," Lue-Atkinson says. "Through this portal on our site, consumers can access more than 250 retailers, including Apple, Hudson's Bay, Indigo Books & Music, Gap and Old Navy. By using their RBC Rewards credit card to make purchases, clients get one extra point for every dollar they spend above and beyond their regular rewards.

"Clients can also redeem points for RBC financial products, converting reward points to top up an RBC RRSP or to pay down an RBC loan or line of credit. It's another way our customers can use points to extend their purchasing power."

RBC Royal Bank
The power to fly
any airline, any time.
AVION
VISA
Avioners® can do that.
With points that don't expire^, the RBC® Visa Infinite‡ Avion® card gives you the power to fly with any airline on any flight, whenever you want~. That means no blackout periods or seat restrictions – even during holidays and peak seasons~. Plus, you'll earn 1 RBC Rewards® point for every dollar in purchases~. That's the power of being an Avioner®.
Receive 15,000 welcome points upon enrolment†.
Plus receive the chance to WIN** 1 of 10 trips worth $10,000 in the Avion Power to Fly Contest.
Apply today at rbc.com/avion or call 1-800-769-2511.
TM

® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. ‡ All other trademarks are the property of their respective owner(s). ^RBC Rewards points will be cancelled if they remain unredeemed within ninety (90) days after the termination of the RBC Rewards program or after you voluntarily close your RBC Royal Bank credit card account. ~ Subject to availability. *RBC Rewards points are earned on net purchases only; they are not earned on cash advances (including RBC Royal Bank credit card cheques, balance transfers, cash-like transactions and bill payments that are not pre-authorized charges that you set up with a merchant), interest charges or fees, and credits for returns and adjustments will reduce or cancel the points earned by the amounts originally charged. †To receive the 15,000 bonus RBC Rewards points which will appear on your first statement, your application form must be received by June 30, 2013 and approved by us. Additional cardholders, as well as cardholder(s) with existing RBC Royal Bank travel rewards credit cards, applying for or transferring to an RBC Visa Infinite Avion card as of the offer eligibility period, are not eligible for this offer. This offer may not be combined or used in conjunction with another offer. ***For complete terms, conditions and restrictions that apply to the RBC Rewards program, visit: www.rbcrewards.com or call 1-800-769-2512.*** ** No purchase necessary. Contest starts April 8, 2013 and ends May 31, 2013. Skill-testing question required. For complete contest rules, visit www.rbc.com/avion

Blue Jays first baseman Edwin Encarnacion, left, lies on the ground after tagging out Orioles baserunner Nate McLouth on Tuesday night in Baltimore.
GAIL BURTON/THE ASSOCIATED PRESS

Jays continue to tumble in Baltimore

MLB. Machado, Gonzalez carry Orioles as Toronto fails to dig out of second-inning hole

Manny Machado had two hits and two RBIs, and the Baltimore Orioles used a four-run second inning to beat R.A. Dickey and the Toronto Blue Jays 4-3 Tuesday night.

Miguel Gonzalez (2-1) allowed three runs in six innings for the Orioles, who have won nine of 13. By taking the first two games of the three-game set, Baltimore improved to 5-2 in seven series this season — including 4-1 against the AL East.

On Tuesday

Orioles	Blue Jays
4	3

It was the 100th consecutive game the Orioles have won when leading after seven innings, a streak that began in August 2011. Baltimore is 4-3 in one-run games after starting 0-3.

Edwin Encarnacion hit a three-run homer for the last-place Blue Jays, who have dropped six of eight.

Dickey (2-3) gave up four runs, six hits and five walks in six innings. The knuckleballer, who left his previous start with neck and back pain, did not appear to be in discomfort on the mound. But he didn't look like the reigning NL Cy Young Award winner during the pivotal second inning.

Dickey was outdone by Gonzalez, who allowed five hits and three walks. The Orioles right-hander blanked Toronto on three hits through five innings before staggering through the sixth.

In the eighth, after the Blue Jays put runners at the corners with two outs against Pedro Strop, Melky Cabrera looked at a third strike on a 3-2 pitch.

Jim Johnson got three outs for his eighth save in eight tries, striking out J.P. Arencibia with a runner on first to end the game.

THE ASSOCIATED PRESS

NBL Canada

Lightning pair light up league awards

The National Basketball League of Canada officially announced its 2012-13 season awards Tuesday.

From the London Lightning, Marvin Phillips, the playoff MVP, was named Newcomer of the Year. Teammate Rodney Buford was awarded Sixth Man of the Year.

London coach Michael Ray Richardson received co-Coach of the Year honours.

METRO

MLB

Tigers surprisingly bring back former closer Valverde

From Class A to closer: Jose Valverde is returning to the Tigers.

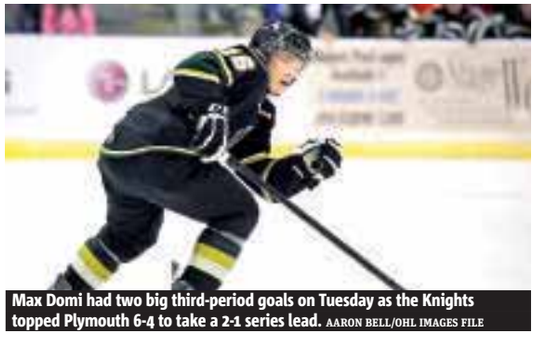
Detroit agreed to a one-year contract with Valverde on Tuesday, announcing the move after a game against the Kansas City Royals was rained out. Valverde was the Tigers' closer the last three years, but the team was prepared to let him leave as a free agent after he faltered during the 2012 post-season.

He never signed elsewhere, and Detroit brought him back on a minor league deal. The 35-year-old right-hander pitched three scoreless innings for Class-A Lakeland, and now the man they call "Papa Grande" is being called all the way back up to the majors.

"We were not expecting him to throw this well, this quickly," general manager Dave Dombrowski said. "He's consistently at 95 (mph), and he's hit 97.

THE ASSOCIATED PRESS

Domi settles see-saw battle with Whalers



Max Domi had two big third-period goals on Tuesday as the Knights topped Plymouth 6-4 to take a 2-1 series lead. AARON BELL/OHL IMAGES FILE

Max Domi scored twice in the third period as the London Knights rallied to beat the Plymouth Whalers 6-4 in the Ontario Hockey League's Western Conference final Tuesday.

London trailed 4-3 after Mitchell Heard scored for Plymouth at 12:01 in the third, but three minutes later Domi tied the game on the power play.

Seth Griffith gave the Knights the lead less than a minute later and Domi scored again in the final minute of regulation to give London a 2-1 series lead.

Game 3

Knights	Whalers
6	4

London raced out to a 3-0 lead after Ryan Rupert scored and Bo Horvat had a pair of short-handed goals only 1:09 apart.

But Plymouth roared back in the third with four unanswered goals. Tom Wilson scored twice followed by goals from Rickard Rakell and Heard.

Knights goaltender Anthony Stolarz made 38 saves for the win, while Alex Nedeljkovic stopped 22 shots for the Whalers.

Game 4 is Wednesday night in Plymouth.

THE CANADIAN PRESS

Relax, it's Acura 2014 RLX

ALL PHOTOS WHEELBASEMEDIA.COM

2014 Acura RLX

- **Type.** Four-door front-wheel drive mid-luxury sedan
- **Engines (hp).** 3.5 litre SOHC V6 (310)
- **Transmissions.** Six-speed automatic with paddle-shift controls
- **Base price (incl. destination)** $50,000

Design

The first thing you notice about the RLX is its handsome sheet metal. The car's Honda roots are definitely showing, but it easily beats the rest of Acura's sedan fleet when it comes to appearance. Perhaps surprisingly, its overall dimensions — length, width and height — differ only slightly from the RL.

The 3.5-litre V6 engine

Weight

The rigid body structure uses considerable amounts of high-strength steel that, combined with numerous aluminum body panels, helps keep the car below the 1,820-kilogram mark. That's roughly 45 kilograms lighter than the RL.

Engine

The RLX clings to its V6 roots by using a 310-horsepower 3.5-litre unit that produces 272 pound-feet of torque. By comparison, the RL's 3.7-litre V6 made 300 horsepower and 271 pound-feet of torque. The engine prefers premium fuel, but the RLX is rated at 10.5 l/100 km in the city and 6.4 on the highway.

Review. RLX's 'takaburi' all begins with a wild set of headlights

MALCOLM GUNN
wheelbasemedia.com

"Takaburi" is the word Acura's project leader Yousuke Sekino uses in describing the 2014 RLX sedan. It means "exhilarating" in Japanese and if any car in Honda's premium division fits that description, this is it.

Acura has been noticeably bereft of a truly top-level flagship model with that 'takaburi' feeling for some time. The long-in-the-tooth RL sedan that resembled a slightly enlarged Accord from two generations ago never really cut it with those seeking flash and dash.

The replacement RLX, arriving by early spring, likely won't pry anyone from their status-mobiles models displaying three-pointed stars, interconnected rings or airplane-propeller logos. But at least Acura offers some compelling reasons for having the valet gang park one for you in its assigned stall.

The RLX's more aggressively styled front fenders, smoothed-out grille and unique multi-reflector headlight pods contribute to a distinctly premium look.

Much of the between-the-wheels increase gives the RLX an impressive amount of rear-seat legroom that puts its key Japanese and German competitors to shame.

The rest of the interior also impresses, with an elegant dashboard and control-panel layout, inviting and supportive leather-covered seats and a floor console that can be opened from the driver or passenger's side.

Although not obvious in flat-out driving, the RLX certainly feels poised and precise in tight turns and provides a no-sweat experience when braking at high speeds.

The RLX arrives with an abundance of people-pampering content, but you will need to shell out more than the $50,000 base price to add a number of collision-mitigating features, the navigation system, premium leather package and your choice of two high-end audio systems.

The RLX is a giant leap forward for Acura and is comparable to more established luxury brands in style and content, with a smidgen of "takaburi" tossed in for good measure.

The RLX's interior fits well and is neat and tidy. The centre console can be opened from the left or the right.

Those unique, stylish headlights.

Compare

1 Lexus GS
Base price: $53,900

2 Audi A6
Base price: $54,500

3 BMW 5-series
Base price: $56,500

NEED IT? WANT IT?

NEW! 2013 RAM 1500 QUAD CAB ST $30,320 plus tax & licencing

NEW! 2012 SUBARU IMPREZA SPORT $21,508 plus tax & licencing

USED 2012 GMC SAVANA 2500 CARGO $24,772 plus tax & licencing

FORMER DAILY RENTAL

NEW! 2013 MAZDA2 GX $15,471 plus tax & licencing

USED 2012 FIAT 500 $15,888 plus tax & licencing

USED 2012 FORD FOCUS SE $14,772 plus tax & licencing

All photos reflect make, model, year & condition. Colour and options may differ.

LEASE IT!

We lease all makes and models!

ProJon Financial

Vehicle Leasing Specialists

Contact John Allen

519-649-2121

projonfinancial@gmail.com

100% Canadian owned and operated

Parts Dept.

WHEELBASEMEDIA.COM

Sit on your favourite ride

You might not be able to park a '57 Corvette, Shelby Cobra, '51 Mercury or '57 "Shoebox Chevy" in your garage, but you can "drive" a sofa-sized version of your favourite classic at a more affordable price. Corbin-Pacific Inc. produces a line of automotive-themed loveseats made to resemble the rear ends of these and other famous automobiles (plus lounger chairs of famous motorcycles). All the individual pieces are available in a wide assortment of colours and all feature foam-padded, leather-covered seats (also available in a variety of shades). As an added touch, each chair also comes with faux exhaust pipes and taillights that actually light up, as well as lighting for the underside of the seat itself. Prices start at about $4,400 US per loveseat or recliner from corbin.com/furniture.

Read the classics

One of the best car-buff books has to be Automobile Quarterly. This richly bound publication, which bills itself as "the connoisseur's publication of motoring — today, yesterday and tomorrow," has been around since 1962, yet rarely advertises beyond its website and doesn't display any advertising within its pages. What you get are expertly written and edited stories about significant automobiles past and present and the people who have contributed to making them great. Throw in some great current and historic photos plus excellent artwork and Automobile Quarterly becomes a must-have, must-read book that would be a welcome addition to any enthusiast's library. A one-year subscription costs $100 a year in Canada and can be ordered at autoquarterly.com

Give a gearhead ring

A ring with moving parts is sort of a rarity, but it's just the sort of gift that any mechanically inclined car buff would love to wear. Creator Glen Liberman from New York teamed up with "kinetic designer" Ben Hopson in developing the Gear Ring, a fascinating piece of stainless-steel finger jewelry complete with precision-made miniature gears that revolve in unison when the outer rings are turned (perfect for people who always need something handy to fiddle with), The Gear Ring is available in 10 standard sizes (a sizing chart can be downloaded from the company's Web site) and can be shipped worldwide for $165 US. To watch the video or to order, head over to kinektdesign.com.

Hotrod BBQ sauce

Chrysler's ubiquitous "Hemi" V8 is one of North America's most recognizable engine brands. So it only makes sense that the automaker takes advantage of its notoriety and license the Hemi name for use on other products. Even food, such as the Hemi BBQ sauce that is being marketed by racing-parts specialists Arrington Performance. The contents come in a collectible 18-ounce (530-millilitre) glass jar that will make a great conversation piece at your next dinner or tailgate party. A jar retails for $6 and can be obtained from shophemi.com.

Horoscopes

♈ Aries
March 21 - April 20
Think before you act and resist the urge to be provocative. You may think you can get away with just about anything but that isn't true, and will be even less true as the week goes on.

♉ Taurus
April 21 - May 21
You would like to make an intelligent assessment of a situation but how can you when the facts are confusing? Don't worry. A few days from now everything will be clear and you'll know what to do.

♊ Gemini
May 22 - June 21
Today's link between Jupiter in your sign and your ruling planet Mercury will encourage you to see things in a more open and optimistic fashion. Life is as good as you want to make it, today and every day.

♋ Cancer
June 22 - July 23
Take care when dealing with people in positions of power because some of them are in a touchy mood. Wherever possible, keep a distance between you.

♌ Leo
July 24 - Aug. 23
You may have strong opinions about certain issues but if you are smart, you won't make a big deal of them. Even if facts and figures are on your side just keep quiet and let others argue among themselves.

♍ Virgo
Aug. 24 - Sept. 23
You will say too much today. With your ruler Mercury nicely linked to Jupiter, planet of excess, you just can't keep your mouth shut. And why should you when you're right?

♎ Libra
Sept. 24 - Oct. 23
According to the planets, you are in the mood to say and do things that shock. That's OK but make sure you know what the possible consequences could be, especially the financial consequences.

♏ Scorpio
Oct. 24 - Nov. 22
You may be feeling quietly confident about your chances but if you are wise you won't take anything for granted over the next 48 hours.

♐ Sagittarius
Nov. 23 - Dec. 21
Honesty is your best policy today, even if it means telling a friend something they may not want to hear. Jupiter, your ruler, will help you say it in a way that doesn't hurt their feelings.

♑ Capricorn
Dec. 22 - Jan. 20
If it feels right to make a snap decision today then do so. Even if you are acting on limited information there is every chance you will reach the right conclusion, and maybe hit the jackpot financially too.

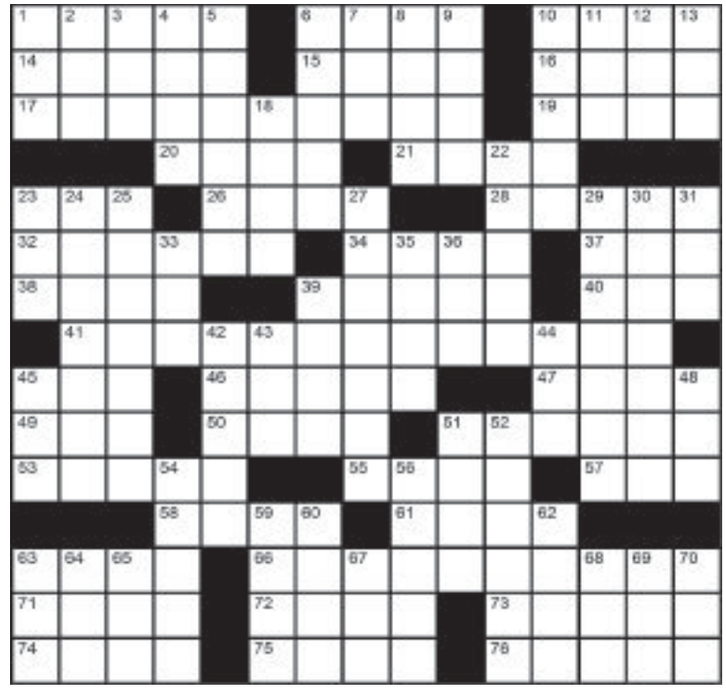
♒ Aquarius
Jan. 21 - Feb. 19
You need to make a decision about your work but you are torn between two different approaches. How do you resolve this dilemma? A second opinion will help you establish your own opinion.

♓ Pisces
Feb. 20 - March 20
You will need to put on a brave face, especially if you get news that seems to be the opposite of what you were hoping to hear. The key word there is "seems", because most likely it is good news. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



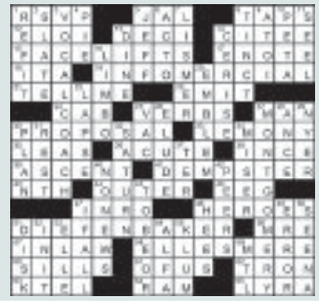
Across

1. "__ I Say" by Ray Charles
6. Cooking amt.
10. Shania Twain's "I __ No Quitter"
14. "Well, golly!!"
15. Competed, __ _ race
16. Midday
17. Movie re-viewer: 2 wds.
19. Fair
20. Gull-like bird
21. Money in Mexico
23. World Series org.
26. Finales
28. __, Oklahoma
32. Tenner, in time
34. Scotch stuff; it's sticky
37. Job, for short
38. Chat
39. "Rio" band, when doubled
40. Rocker Mr. Adams, to pals
41. Who writes Metro's In Focus column?: 2 wds.
45. 6's phone letters
46. Ornamental containers
47. Base
49. Eggs come in one [abbr.]
50. San __, Italy
51. Fabric softener brand
53. Fashion mag
55. Unaccompanied
57. Greek alphabet's 17th letter
58. Drawn dog
61. Dove sounds
63. Canadian telecom company
66. On-camera acting audition: 2 wds.
71. Seed's protector
72. 'Bulg' add-on
(Country in Europe)
73. "Best _ __ Had" by Drake
74. Count on
75. Trevor __ (Tony-winning Cats director)
76. Antique-style water carriers

Down

1. Panda-symbol org.
2. Masses, with Polloi
3. Pointy tool
4. Canadian coffee chain, affectionately
5. Like some back-yards
6. Set of three
7. Ghost's pet
8. Cut
9. Walking speed
10. Variety of pear
11. Promise to pay
12. Yeses opposites
13. AC/DC song: "_-_-_."
18. Written†symbol of yore
22. Shorthand, shortly
23. Summer hrs. in Alberta
24. Foo Fighters song: "____ Fly"
25. CFL players in the West: acronym + wd.
27. MGM and Para-mount, and others
29. East Coast catch
30. Newfoundland rum
31. 'Delic' suffix
33. US dog org.
35. Bows
36. __ excellence
39. Snare, for one
42. Bible king
43. 'Passion' suffix
44. Function
45. 1200 in ancient Rome
48. Tip to 'pia' (Near-sightedness)
51. Ice mass
52. Canuck coin
54. Canadian actress Ms. Parker
56. "Caribbean Queen" singer Billy
59. "This __ __ un-expected surprise!"
60. Light brown
62. K-__ ('Twilight' flicks actress, nick-named)
63. Chocolate __
64. Earlier, olde-style
65. Abner of comics
67. Tin Tin's lead-in
68. Adam and __
69. Religious address, briefly
70. Mr. Knight's, formerly of "Grey's Anatomy"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					7	5		
			3	8		6		
3	7	8				9		
6			2		1		4	
	2						6	
	9		8		3			5
		4				1	5	7
		2		9	4			
		6	5					

Yesterday's Sudoku

9	3	1	2	5	4	8	7	6
2	4	8	7	6	1	5	9	3
6	5	7	9	3	8	1	2	4
1	7	2	6	9	5	4	3	8
3	8	6	4	1	2	9	5	7
5	9	4	8	7	3	2	6	1
7	6	5	1	4	9	3	8	2
4	2	3	5	8	7	6	1	9
8	1	9	3	2	6	7	4	5

NATIONAL SPONSORS: Toys"R"Us Babies"R"Us

WALK NOW FOR AUTISM SPEAKS®

3rd ANNUAL WALK

RESEARCH | AWARENESS | COMPASSION

3rd Annual London Walk

Sunday, June 9th, 2013

Victoria Park – London, ON

Check In Time:
08:30 am
Walk Start:
10:00 am

For more information, please contact Autism Speaks Canada:
london@autismspeaks.org
1-888-362-6227

Sponsors:

TD

julie·fredin·design

Rainbow CINEMAS

Register or donate today: **www.WalkNowForAutismSpeaks.ca**

London Walk Now for Autism Speaks
@autismspeaksCAN